



Healthy PARTNERS

WHY HEALTHY PARTNERS?

Working with outside vendors such as on-site franchise restaurants, food carts and gift shops can be a challenge for many reasons, but as hospitals begin to make changes to

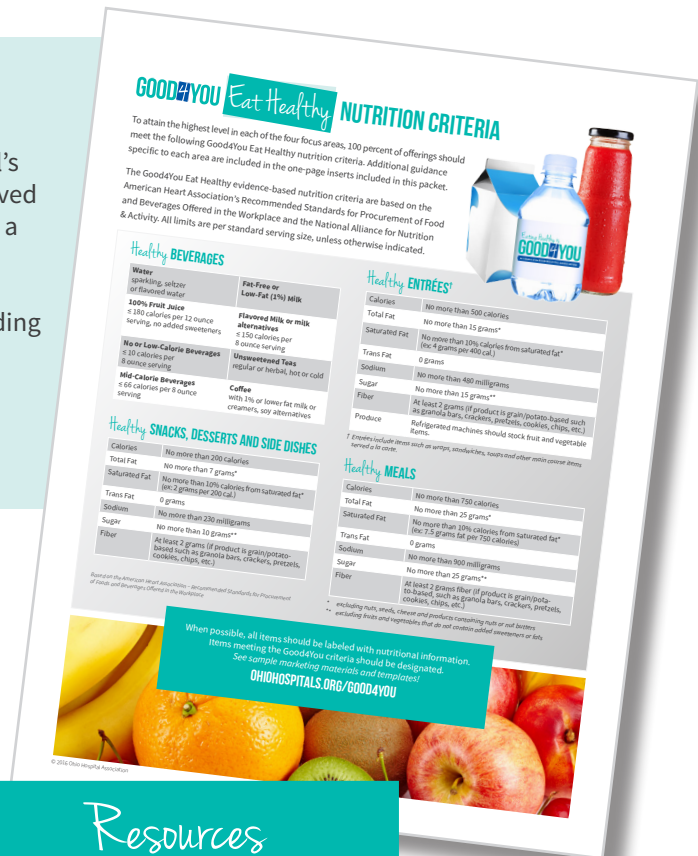
other food and beverage services, it's important to consider these venues and how they can help maintain consistency throughout the hospital.

WORKING WITH CONTRACTS AND VENDORS

If your contract allows, inform vendors of the hospital's expectation to meet nutrition criteria for all items served within your hospital's desired timetable, and develop a mutual plan to help that transition.

Review all new contracts and include language regarding nutrition and labeling criteria.

Upon contract renewal negotiations, include same language regarding nutrition and labeling criteria.



Resources
Good4You labels and other materials are available at
WWW.OHIOHOSPITALS.ORG/GOOD4YOU



GOOD4YOU

Healthy Partners



- ☐ **Getting Started:** Hospital is committed to working with vendors and outside franchise establishments to ensure healthy options are available.



- ☐ All contracts with outside vendors and franchise restaurants are collected and reviewed.

Important contract terms to note include:

- ✓ When is the contract up for renewal?
- ✓ Are there any details included about what food and/or beverages are to be served?
- ✓ Is there the ability to revise contracts prior to their expiration?

- ☐ All vendors are notified of the hospital's efforts to increase the number of Good4You items available on-site.

- ✓ Opening up a conversation with vendors is the first step in assessing their interest and ability to offer Good4You items, and inquiring about the ability to negotiate contract terms and/or add Good4You options to existing offerings.
- ✓ Share the Good4You food and beverage criteria and ask vendors to self-assess which items they provide might already meet the criteria.
- ✓ Ask vendors to commit to work to transition to healthy options, or consider alternative vendors when contract terms expire.



All of the above, plus:

- ☐ All on-site vendors offer at least one Good4You meal or entrée selection daily.
- ☐ All items meeting Good4You criteria are labeled as such.
- ☐ Vendors are encouraged to provide nutritional information for all items served.



All of the above, plus:

- ☐ All on-site vendors offer at least 50 percent Good4You selections daily.
- ☐ All items meeting Good4You criteria are labeled as such.



- ☐ All on-site vendors offer only Good4You selections.

GOOD4YOU Eat Healthy NUTRITION CRITERIA

Healthy BEVERAGES

Water sparkling, seltzer or flavored water	Fat-Free or Low-Fat (1%) Milk
100% Fruit Juice ≤ 180 calories per 12 ounce serving, no added sweeteners	Flavored Milk or Milk Alt. ≤ 150 calories per 8 ounce serving
No or Low-Calorie Beverages ≤ 10 calories per 8 ounce serving	Unsweetened Teas regular or herbal, hot or cold
Mid-Calorie Beverages ≤ 66 calories per 8 ounce serving	Coffee with 1% or lower fat milk or creamers, soy alternatives

Healthy SNACKS, DESSERTS AND SIDE DISHES

Calories	No more than 200 calories
Total Fat	No more than 7 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 2 grams per 200 cal.)
Trans Fat	0 grams
Sodium	No more than 230 milligrams
Sugar	No more than 10 grams**
Fiber	At least 2 grams (if product is grain/potato-based such as granola bars, crackers, pretzels, cookies, chips, etc.)

Healthy ENTRÉES†

Calories	No more than 500 calories
Total Fat	No more than 15 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 4 grams per 400 cal.)
Trans Fat	0 grams
Sodium	No more than 480 milligrams
Sugar	No more than 15 grams**
Fiber	At least 2 grams (if product is grain/potato-based such as granola bars, crackers, pretzels, cookies, chips, etc.)
Produce	Refrigerated machines should stock fruit and vegetable items.

† Entrées include items such as wraps, sandwiches, soups and other main course items served a la carte.

Healthy MEALS

Calories	No more than 750 calories
Total Fat	No more than 25 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 7.5 grams fat per 750 calories)
Trans Fat	0 grams
Sodium	No more than 900 milligrams
Sugar	No more than 25 grams**
Fiber	At least 2 grams fiber (if product is grain/potato-based, such as granola bars, crackers, pretzels, cookies, chips, etc.)

* excluding nuts, seeds, cheese and products containing nuts or nut butters

** excluding fruits and vegetables that do not contain added sweeteners or fats

INSTITUTE FOR HEALTH INNOVATION
of the OHIO HOSPITAL ASSOCIATION

Based on the American Heart Association — Recommended Standards for Procurement of Foods and Beverages Offered in the Workplace